



### **“HE RESTORES MY SOUL”**

Our comforting “Walk Through the 23<sup>rd</sup> Psalm” #3

The shepherd loves his sheep and cares for every part of them. Similarly, our Great Shepherd loves US and every part of our lives.

#### **“He restores my soul.”**

We often hear people referred to as having “body, mind and spirit” or “body, soul and spirit” leading some to conclude that the soul and the mind are the same. However, other parts of Scripture make a distinction between the heart, the spirit, the mind and the soul. Although the Scripture does not make it crystal clear what the soul is, we can draw the conclusion that the soul is the part of a person that is not physical. It is the part that lasts eternally and is central to the personhood of a human being. Famous old-time pastor George MacDonald said, “You don’t have soul, you are a soul. You have a body.”

So, when the Psalmist David says: “He restores my soul,” he is talking about the REST that we all need, at a deep level.

Today, with ALL the panic regarding Covid-19, We “sheep” need rest; deep rest, the resting of our souls. We need to turn-off the world, the news, the fear, the worry – and recharge and refresh.

Picture you’ve been on a day long hike in the mountains, or perhaps a day of driving cross country. Come the end of the day doing either, You need some REST, physically at least.

After a day in the world today, we sheep need to have our souls rested too. We’re all hearing more news than our souls can easily handle (because most of it is bad), and we need to be restored. (Picture someone restoring a fine, vintage automobile or piece of furniture.)

There is only ONE source for our personal, individual, no-two-the-same, restoration project of US ... and that is the Great Shepherd.

God wants to restore your soul. He wants to give you rest. **“Come unto me all you that labor and are heavy laden and I will give you rest.”** (Jesus: Matthew 11:28). Why not cooperate with Him and allow Him to “restore your soul”? And remember too, Isaiah 40:31 – **“They that wait upon the Lord shall renew their strength ...”**

***Prayer: Lord, slow me down. Help me to make time to turn OFF the world, the phone, the news, the internet, the texts ... and just spend time with you. Help me to “wait upon the Lord” and allow You to “restore MY soul.” Like a little kid who needs a nap, YOU can see that I need one too, the kind of restful restoring that only YOU can provide. Thank You. Amen.***